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AUTHOR Lee, Carolyn
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ABSTRACT

This instructor's packet accompanies the learning activity package (LAP) on nutrition. Contents included in the packet are a time sheet, suggested uses for the LAP, an instruction sheet, final LAP reviews, a final LAP review answer key, suggested activities, an additional resources list, and student completion cards to issue to students as an indicator of successful LAP completion. (YLB)

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LAP *Learning Activity Package*

Instructor's Packet

ED220701

NUTRITION

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Wilson Riles, Superintendent of Public Instruction
Sacramento, 1982

CE 033797

NUTRITION

INSTRUCTOR'S PACKET

PREPARED BY: CAROLYN LEE, RN
INSTRUCTOR, FONTANA HIGH SCHOOL

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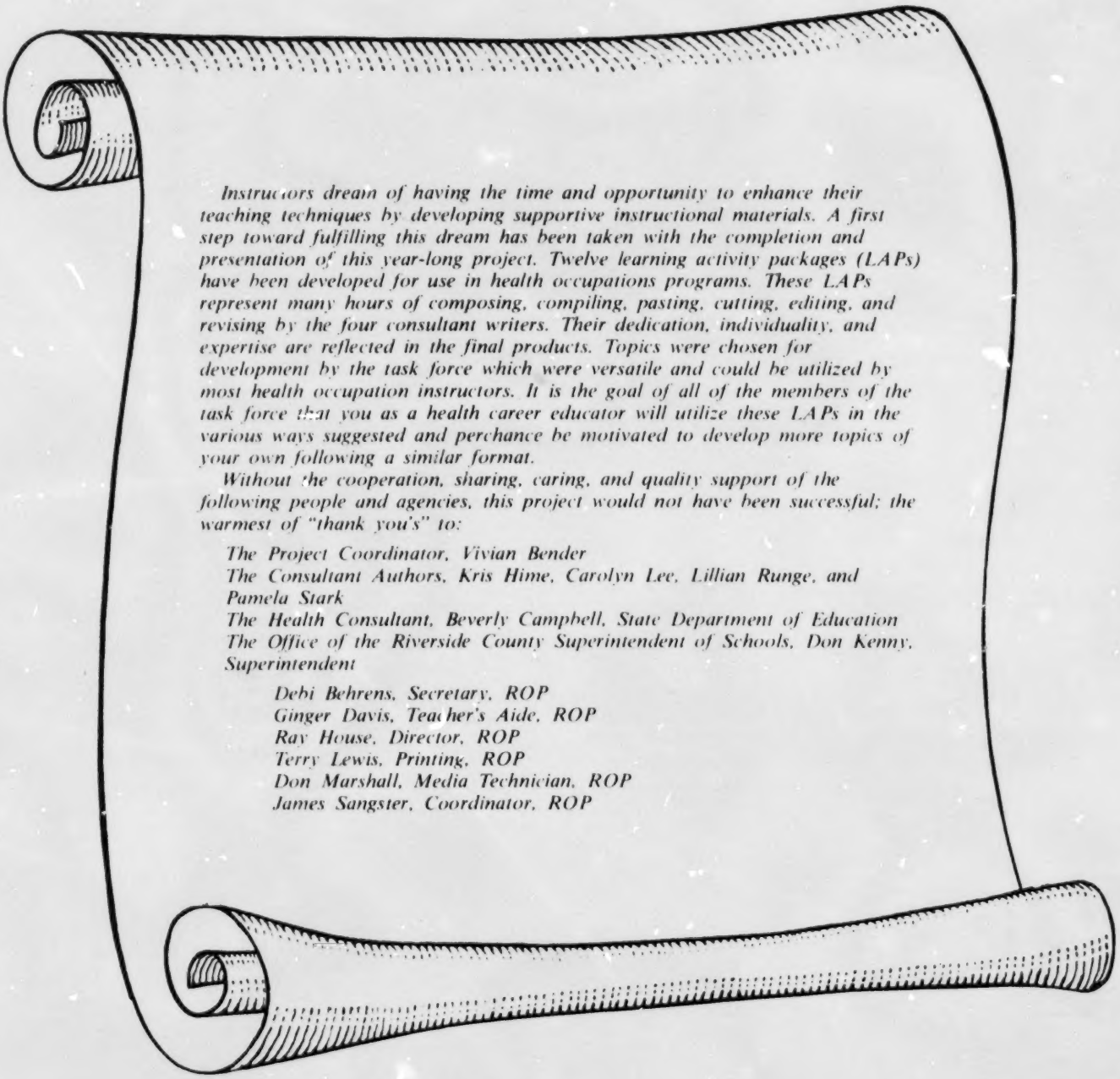
1982



Instructors dream of having the time and opportunity to enhance their teaching techniques by developing supportive instructional materials. A first step toward fulfilling this dream has been taken with the completion and presentation of this year-long project. Twelve learning activity packages (LAPs) have been developed for use in health occupations programs. These LAPs represent many hours of composing, compiling, pasting, cutting, editing, and revising by the four consultant writers. Their dedication, individuality, and expertise are reflected in the final products. Topics were chosen for development by the task force which were versatile and could be utilized by most health occupation instructors. It is the goal of all of the members of the task force that you as a health career educator will utilize these LAPs in the various ways suggested and perchance be motivated to develop more topics of your own following a similar format.

Without the cooperation, sharing, caring, and quality support of the following people and agencies, this project would not have been successful; the warmest of "thank you's" to:

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INSTRUCTOR'S PACKET

A LAP IS AN INDIVIDUALIZED LEARNING ACTIVITY PACKAGE TO ASSIST THE STUDENT TO ACQUIRE KNOWLEDGE FOR A SPECIFIC TOPIC.

INCLUDED IN THIS PACKET ARE THE FOLLOWING:

1. Suggested uses for LAP
2. Instruction sheet
3. LAP review
4. LAP review key
5. Suggested activity list
6. Additional resources
7. Student completion cards
8. Student work sheet

TIME

TIME REQUIRED WILL VARY WITH EACH STUDENT, BUT THE INSTRUCTOR SHOULD ALLOW AT LEAST _____ MINUTES FOR THE STUDENT TO COMPLETE THIS LAP.

SUGGESTED USES FOR THE MATERIALS INCLUDED IN THIS LAP ARE LISTED BELOW:

REVIEW

EVALUATION

SPIRIT MASTERS

XEROX

HANDOUTS

REMEDIAL WORK

TOPIC CHALLENGE FOR STUDENT

OVERHEADS

DITTOS

POSTERS

MAKE-UP WORK

CLASSROOM ACTIVITIES

1. Give each student a LAP.

2. Have each student read the LAP and complete the review sections.

   The student must get every question in the review section correct before continuing on to the next topic. If all of the answers are not correct, repeat the section or topic.

3. When the LAP is completed, the LAP and work sheets should be turned in to the instructor, and the student should be given the Final LAP Review.

4. After all* of the Final LAP Review questions are answered correctly, the student will receive a completion card. Completion cards are included in this packet.

5. The time for completing the LAP will vary with each student.

*If the student does not answer all of the questions correctly, return the LAP to the student for further review.

FINAL REVIEW.

DIRECTIONS: SELECT THE BEST WORD OR PHRASE.

1. WHICH OF THE FOLLOWING FOODS IS RICHEST IN PROTEIN?

   A. COTTAGE CHEESE AND EGGS
   B. DRIED BEANS AND PEAS
   C. WHOLE GRAIN CEREALS
   D. BEETS AND CARROTS
   E. ICE CREAM AND PEACHES

2. THE CITRUS FRUITS INCLUDE:

   A. APPLES AND PEARS
   B. BANANAS AND GRAPES
   C. ORANGES, LEMONS, AND LIMES
   D. FIGS AND PLUMS
   E. GRAPEFRUIT AND PEACHES

3. FATS ARE USED BY THE BODY TO PROVIDE:

   A. CALORIES FOR HEAT AND ENERGY
   B. ESSENTIAL FATTY ACIDS FOR GROWTH
   C. ESSENTIAL AMINO ACIDS FOR GROWTH
   D. CALCIUM
   E. CARBON

4. RICKETS IS A DISEASE AFFECTING CHILDREN WHO HAVE A DEFICIENCY OF:

   A. VITAMIN C
   B. VITAMIN D
   C. VITAMIN K
   D. VITAMIN A
   E. VITAMIN B

5. STARCHES BELONG TO A GROUP OF NUTRIENTS CALLED:

   A. FATS
   B. CARBOHYDRATES
   C. PROTEINS
   D. MINERALS
   E. CELLULOSE

6. AS AN ALTERNATIVE TO SERVING MEAT OR FISH, THE DAILY DIET COULD INCLUDE:

   A. WHOLE GRAIN CEREALS
   B. DRIED BEANS OR DRIED PEAS
   C. GREEN LEAFY VEGETABLES

6. CONTINUED

D. POTATOES
E. FRUITS

7. WHICH OF THE FOLLOWING FOODS WOULD BE CONSIDERED THE BEST SOURCE OF 'QUICK ENERGY'?

A. MILK
B. TOAST
C. CANDY
D. EGGS
E. CHEESE

8. THE LEAST EXPENSIVE BODY FUEL IS:

A. MINERAL
B. FAT
C. CARBOHYDRATES
D. PROTEIN
E. WATER

9. RAW VEGETABLES IN A SALAD MAY BE INCLUDED IN A:

A. LIGHT DIET
B. SOLID DIET
C. REGULAR DIET
D. LIQUID DIET
E. BLAND DIET

10. A DESIRABLE DAILY MILK INTAKE FOR AN ADULT IS:

A. 1 GLASS
B. 709.5 MILLILITERS (1½ PINTS)
C. 1 SERVING
D. 1.5 LITERS (1½ QUARTS)
E. 2 SERVINGS

11. EGGS, CHEESE AND MEAT ARE HIGH IN:

A. CARBOHYDRATES
B. CELLULOSE
C. PROTEIN
D. WATER
E. FATS

12. WHAT IS LACKING IN A MENU OF BAKED FISH, MASHED POTATOES, CABBAGE SALAD, BREAD, AND ICE CREAM?

A. A SOURCE OF VITAMIN C
B. SUFFICIENT PROTEIN
C. CALCIUM
D. VARIETY IN COLOR
E. CARBOHYDRATES

13. IF FOLLOWED, THE BASIC FOUR FOOD PLAN WILL ENSURE THE FAMILY AGAINST:

A. COMMUNICABLE DISEASE
B. TETANUS
C. SPENDING TOO MUCH MONEY FOR FOOD
D. MALNUTRITION
E. CANCER

14. IT IS THE CUSTOM OF THE ORTHODOX JEW TO EAT:

A. NO MEAT ON FRIDAY
B. PORK IN THE SAME MEAL WITH MILK PRODUCTS
C. FISH HAVING SCALES AND FINS
D. SHELLFISH
E. ROAST BEEF

DIRECTIONS: THE FOLLOWING STATEMENTS ARE TRUE OR FALSE. PLEASE MARK ACCORDINGLY ON YOUR WORK SHEET.

15. IN ORDER TO GAIN WEIGHT, A PERSON MUST EAT MORE CALORIES THAN HE OR SHE WILL USE.

16. IN ORDER TO BE AN EFFICIENT SHOPPER, ONE SHOULD PLAN MENUS AHEAD OF TIME.

17. THE MAIN FUNCTION OF PROTEIN IS TO FURNISH HEAT AND ENERGY.

18. MINERALS ACT AS REGULATORS IN THE BODY.

19. MEATS, EGGS, AND FISH ARE POOR SOURCES OF PROTEIN.

20. DIETS PRESCRIBED FOR ILLNESS ARE KNOWN AS THERAPEUTIC DIETS.

DIRECTIONS: FILL IN THE BLANK WITH THE MISSING WORD (ON YOUR WORK SHEET).

21. CITRUS FRUITS ARE AN EXCELLENT SOURCE OF VITAMIN _____.

22. A RICH SOURCE OF CALCIUM IS _____.

23. IF THE BODY DOES NOT RECEIVE THE NECESSARY AMOUNT OF NUTRIENTS, IT SUFFERS FROM _____.

24. THE PRIMARY FUNCTION OF CARBOHYDRATES IN THE DIET IS TO SUPPLY _____ AND _____.

25. ONE OF THE BEST SOURCES OF PROTEIN IS _____.

26. A BALANCED DIET IS ONE WHICH CONTAINS ALL OF THE _____ _____.

27. THE DIET SHOULD INCLUDE _____ OR MORE SERVINGS PER DAY FROM THE MEAT, FISH, POULTRY, AND EGG GROUP.

28. AN EXAMPLE OF A MEAT ALTERNATE IS _____.

29. A MARKED DEFICIENCY IN IRON CAUSES _____.

30. SHELLFISH IS A GOOD SOURCE OF _____.

DIRECTIONS: MATCH THE FOLLOWING: (CONTINUED ON NEXT PAGE)

_____	31. VITAMIN B	A.	BAKED BEANS
_____	32. BASIC FOUR	B.	GREATEST CONTRIBUTOR TO HEART ATTACKS
_____	33. WATER	C.	SHINY HAIR, CLEAR SKIN, EYES ALERT
_____	34. MALNUTRITION	D.	STUDY OF FOOD NECESSARY FOR BODY FUNCTION
_____	35. BOSTON	E.	TOO MANY CALORIES EATEN
_____	36. OVERWEIGHT	F.	FOR NERVES AND BLOOD

_____	37.	GOOD NUTRITION	G. FRUITS, MEATS, BREADS, MILK
_____	38.	NUTRITION	H. EASY TO DIGEST; MILK AND CREAM
_____	39.	METABOLISM	I. ESSENTIAL TO LIFE
_____	40.	FATS	J. OXIDATION OF FOOD
_____	41.	ULCER DIET	K. LOW INCOME, LACK OF CORRECT DIETARY INFORMATION, LACK OF TEETH
_____	42.	HINDU	L. SACRED COW

NUTRITION

LAP REVIEW WORK SHEET

NAME _____ CLASS _____

DATE _____ INSTRUCTOR _____

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42.

FINAL REVIEW. ANSWER KEY

SELECT

1. A
2. C
3. A
4. B
5. B
6. B
7. C
8. C
9. C
10. E
11. C
12. D
13. D
14. C

TRUE OR FALSE

15. T
16. T
17. F
18. T
19. F
20. T

COMPLETION

21. C
22. MILK
23. MALNUTRITION
24. HEAT AND ENERGY
25. MEAT
26. BASIC NUTRIENTS
27. TWO
28. EGGS, CHEESE, DRIED BEANS & PEAS
29. ANEMIA
30 PROTEIN

MATCHING

31. F
32. G
33. I
34. K
35. A
36. E
37. C
38. D
39. J
40. B
41. H
42. L

SUGGESTED ACTIVITIES

1. HAVE A "POTLUCK" LUNCHEON AT SCHOOL ONE DAY BASED ON THE BASIC FOUR FOOD GROUPS.

2. HAVE A "SUGAR-FREE DAY." HAVE EACH STUDENT BRING IN A "SUGAR-FREE" FOOD. COMPARE REACTIONS OF STUDENTS AFTER GOING WITHOUT SUGAR FOR ONE DAY.

3. HAVE EACH STUDENT BRING AN EMPTY FOOD CONTAINER AND DISCUSS INGREDIENTS WITH GROUP.

4. HAVE STUDENTS PLAN AND PREPARE FAMILY MEAL AT HOME.

5. DISCUSS HOW IMPORTANT GOOD EATING HABITS ARE FOR THE HEALTH WORKER.

6. KEEP "JUNK FOOD" JAIL. MAKE A BOX TO LOOK LIKE A JAIL, AND HAVE STUDENTS DEPOSIT THEIR "JUNK FOOD" IN IT BEFORE CLASS STARTS.

7. RECORD ALL FOOD EATEN FOR ONE WEEK, AND EVALUATE EATING PATTERNS.

8. HAVE STUDENTS PREPARE POSTER, FELT BOARD, OR BULLETIN BOARD FOR CONTEST IN CLASS.

SOURCES OF BULLETINS

AMERICAN DIETETIC ASSOCIATION, LOCAL CHAPTER

AMERICAN HEART ASSOCIATION, LOCAL CHAPTER

AMERICAN HOME ECONOMICS ASSOCIATION, WASHINGTON, D.C.

AMERICAN MEDICAL ASSOCIATION, CHICAGO, ILLINOIS

NATIONAL DAIRY COUNCIL, CHICAGO, ILLINOIS

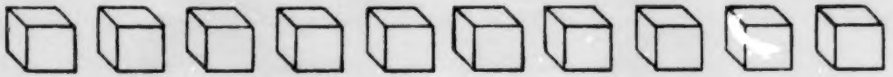
MEAT PACKERS ASSOCIATION, CHICAGO, ILLINOIS

AGRICULTURAL EXTENSION SERVICE, LOCAL CHAPTER

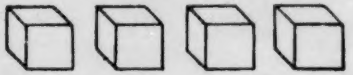
Hidden sugar in foods

CANNED FRUIT
1 serving

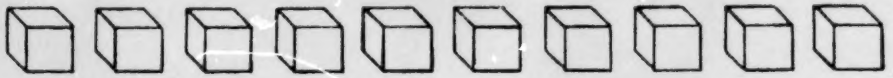
CHOCOLATE CAKE
113.4 grams
(4 ounce piece)



CHOCOLATE CANDY
28.35 grams
(1 ounce)



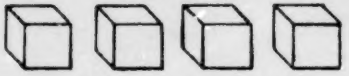
FRUIT PIE
1 slice



GLAZED DOUGHNUT
1

GUM
1 stick

ICE CREAM
1 scoop



JAM, JELLY
15 milliliters
(1 tablespoon)

MALTED MILK
473 milliliters
(1 pint)

SOFT DRINK
340.2 grams
(12 ounces)

AMERICANS ARE NOW CONSUMING ABOUT 102 POUNDS OF REFINED SUGAR PER PERSON PER YEAR. THIS IS ABOUT 1/4 POUND A DAY, OR 8 TABLESPOONS, EQUAL TO 320 CALORIES. PER CAPITA USE OF REFINED SUGAR HAS GONE UP 33 PERCENT SINCE 1900. MOST OF THIS INCREASE COMES FROM A GREATER USE OF REFINED SUGAR IN PREPARED FOODS AND BEVERAGES BEFORE THEY GET INTO THE HOME.

ONE CUBE EQUALS A TEASPOON

COMPLETION CARDS

STUDENT COMPLETION CARDS ARE PROVIDED FOR THE INSTRUCTOR TO ISSUE TO THE STUDENTS AS AN INDICATOR OF SUCCESSFUL COMPLETION OF THE LAP.

This is to certify that

_____

has successfully completed the Nutrition L.A.P.

Date: _____

Instructor: _____

This is to certify that

_____

has successfully completed the Nutrition L.A.P.

Date: _____

Instructor: _____

This is to certify that

_____

has successfully completed the Nutrition L.A.P.

Date: _____

Instructor: _____

This is to certify that

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has successfully completed the Nutrition L.A.P.

Date: _____

Instructor: _____

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has successfully completed the Nutrition L.A.P.

Date: _____

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Date: _____

Instructor: _____

This is to certify that

_____

has successfully completed the Nutrition L.A.P.

Date: _____

Instructor: _____

This is to certify that

_____

has successfully completed the Nutrition L.A.P.

Date: _____

Instructor: _____

YOUR VERY OWN WORK SHEET

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This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

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